

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 10:30-2:30 Deaf Seniors. 11:00 Fremont Paratransit Info & Registration 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	2 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 9:00 Cultural Council – Boathouse 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	3 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10 – 3 B.P. Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, moved to Tues, 6-8 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” band (\$4)	4 9:30-3 Washington on Wheels 8:15-12 AARP Driver Safety Class (must register fee) 8:30 Walkers 9:00 Pinochle, Canasta 9:00 Card games 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Garden Club 3:00 Tai Chi
	7 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Hearing Test – (appt) 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 6-8:30 Caregivers Support	8 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 10:30 Indo-American Seniors 11:00 Fremont Paratransit Info & Registration 1:00 Speaker: ECHO Housing, Mortgage Options 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 3:00 East Indian Seniors 4:00 Tai Chi (Adv)	9 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 1:00 Visually Impaired Computer Class 1:00 Pinochle & Canasta 1:00 Mah Jongg 1:30 NARFE Board Meet. at Boathouse 1:30 Afghan Women 7:00 Woodcarvers	10 Elkhorn Slough/ San Juan Bautista Trip 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Facility Sub Comm. Meet. 9:30 Senior Fitness 10– 3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” Band (\$4)
14 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1-4 Footcare-Tri-City-appt 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	15 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 10:30-2:30 Deaf Seniors 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	16 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	17 Jackson Casino Trip 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10– 3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	18 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 9:30 Dr Wood 9:30 Sr. Commission Meeting 10:00 Bridge 12:00 Father’s Day Lunch & Celebration 1:00 Pinochle & Canasta 1:30 Needlecrafts 3:00 Tai Chi
21 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles: 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	22 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 10:30 Indo Amer. Seniors 12:45 Crafts 1:00 Speaker: Stroke Education; Starting Now 1:00 Legal Assist. for Srs. 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	23 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 12:00 Peer Counseling Graduation 1:00 Social Security (appt) 1:00 Trip Meeting moved to next Wednesday for Trip 2005 Plans Everyone come with ideas for Trips 2005 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers	24 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10– 3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	25 8:30 Walkers 9:00 Pinochle/ Canasta/ Card Games 9:30 Footcare – Valley (appt.) 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business Meeting 1:00 Pinochle/ Canasta 1:30 Needlecrafts 3:00 Tai Chi
28 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 9:30 Builders Fund Board Meeting – Visitors welcome 12:30 Games 7-9 Parkinsons Support Group	29 8:00 Meditation 8:30 Senior Fitness 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 1:00 Speaker: BACS Adult Day Care, Rivka Yerushalmi 1:00 Legal Assist. for Srs. 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Visual Concerns Support Group 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	30 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 1:00 Trip Meeting - Plan Trips 2005 – Everyone come with ideas for Trips 2005 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers		